



The San Francisco Tesla Society



Presents
Olga Louchakova, M.D., Ph.D.

"NEUROIMMUNOLOGY VIS-À-VIS KUNDALINI YOGA: LIFE-SPAN AS A SUBTLE ENERGY ENDEAVOR"

Sunday, May 12, 2002 1:00 p.m.
at 3220 Sacramento Street (near Lyon)
San Francisco, California

The increasing number of spontaneous non-ordinary and spiritual experiences in mature adults (Dawd, 1998; Shellenberg, 1998; Masluk, 1997; Waldman, 1997; Palmer, 1999) suggests the possibility of shifts in consciousness leading to the new paradigm. Central to this presentation will be the concept and the experience of subtle energies, the way they may partake in evolution of consciousness, life-span development, health, sickness and creation of meaning. Subtle energies will be discussed as a missing link in the Cartesian model of compartmentalized human being. Dynamics of Kundalini, the semi-hypothetical life energy, will be interpreted as a foundation for the theory of psychosomatic evolution. Recent findings in Neuroimmunology, and data of phenomenological cross-cultural research in life-span development and spiritual awakening support this approach. The meeting will also include discussion of:

- Idiosyncrasies and vulnerabilities of the subtle energy theory, such as need for specific language, dangers of bio-reductionism and theory-laden interpretations.
- Challenges to the research, such as path of "strict" phenomenology, fitness of the researcher, and the request for attention to structures of awareness, emotions, aesthetic sense, and imagination.
- Correlation between the western perspective of Husserl on intentionality of consciousness and the eastern concept of Kundalini in Shakta-Vedanta.
- Neuroimmunological and artificial intelligence argument for the embodied (de-centralized) consciousness/ensouled body.
- Psychology of Kundalini process of spiritual awakening.
- Possibility of direct knowing as means of gaining the valid data in the health care.

Time allowing, we will review self-monitoring approaches to subtle energies as the alternative to psychotherapy and sometimes medical treatment. Tested in large groups of volunteers in Russia (1985-1991) and U.S. (1993-1998), self-monitoring practices provide the high degree of satisfaction with life, health improvement, positive change in values and relationships. They also proved to be effective in management of panic attacks, autoimmune disorders (initial stages of multiple sclerosis), chronic fatigue, mood and somatoform disorders.

Olga Louchakova, M.D., Ph.D., is the assistant professor at the Institute of Transpersonal Psychology (www.itp.edu) and the founding director of the HridayamÆ School of psychospiritual development and Kundalini Yoga (www.hridayam.org). Before shifting her focus to transpersonal psychology, she was a senior scientist at the Pavlov Institute of Physiology of the Russian Academy of Sciences, and then the independent teacher of Kundalini Yoga, Vedanta and Christian Prayer of the Heart. She holds private practice in Kundalini process coaching in Albany and Palo Alto.

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